



The City of San Diego Park and Recreation Department  
"We Enrich Lives Through Quality Parks and Programs"

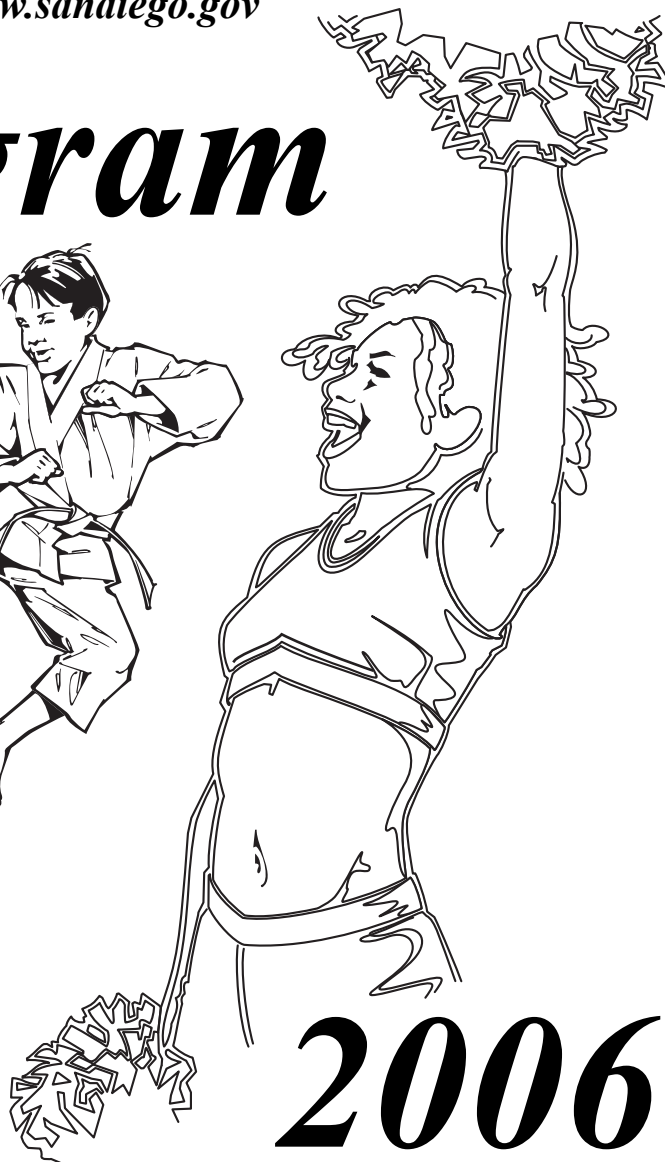


# *Pacific Beach Recreation Center*

1405 Diamond Street • San Diego, CA 92109

(858) 581-9927 • [www.sandiego.gov](http://www.sandiego.gov)

## *Fall Program*



### **P.B.R.C. STAFF**

Area Manager	Mary Ngai
Center Director II	Richard Crider
Recreation Leader I	Bob Alcantara
Recreation Leader I	Michelle Weckman
Grounds Maintenance Worker	Victor Rodriguez

**PROGRAMS AND FEES ARE SUBJECT  
TO CHANGE WITHOUT PRIOR NOTICE.**

### **HOURS OF OPERATION**

**Effective: September 18 - December 15, 2006**

Monday	2:00 p.m. - 7:45 p.m.
Tuesday & Wednesday	12:00 p.m. - 7:45 p.m.
Thursday	1:00 p.m. - 8:45 p.m.
Friday	12:00 p.m. - 5:45 p.m.
Saturday	9:00 a.m. - 12:45 p.m.
Sunday	CLOSED

# ADULT PROGRAMS

## CO-ED VOLLEYBALL 4 PERSON VOLLEYBALL

"A" & "B" Leagues

Day: Thursday

Time: 6:00 p.m. - 8:45 p.m.

Fee: \$210.00/team

Contact: Farid Karimi (858) 573-0721

## VOLLEYBALL CLINIC

Day: Wednesday

Time: 6:00 p.m. - 7:45 p.m.

Fee: \$40.00/5 weeks

Contact: Farid Karimi (858) 573-0721

## OPEN PLAY VOLLEYBALL

Day: Tuesday

Time: 6:00 p.m. - 7:45 p.m.

## MEN'S SOFTBALL LEAGUES

Days: Tuesday, Wednesday, Thursday

Time: 6:00 p.m. - 10:00 p.m.

Contact: Kevin Hellman  
sandiegosoftball.com

## CO-ED SOFTBALL LEAGUES

Day: Sunday

Time: 3:00 p.m. - 9:00 p.m.

Day: Monday

Time: 6:00 p.m. - 10:00 p.m.

Contact: Kevin Hellman  
sandiegosoftball.com

All adult softball games are played on the corner of Gresham and Felspar. This is a school site, alcohol and glass containers are prohibited. Dogs are not allowed on the field.



## WEIGHTROOM FACILITY

Ages: 18 & over ONLY

Fee: \$3.00/daily  
\$10.00/monthly

\$20.00/quarterly \$70.00/yearly  
EXACT CHANGE ONLY!

Get fit in our fitness center and weightroom! Our weightroom is equipped with the following machines: Weightscale, 8 station machines, bench press rack, squat rack, cable crossover, lifecycle, flat bench, free weights, barbells, free weight dumbbells, and curl bar.



## ADULT & YOUTH KARATE

Ages: 18 & up

Day: Tuesday & Thursday

Time: 6:00 pm - 7:30 pm

Ages: 7 - 14

Days: Tuesday & Thursday

Time: 5:00 p.m. - 6:00 p.m.

Fee: \$40.00/5 week session

Instructor: Sensei Chris Do

Traditional Okinaw Karate of Shito-ryu taught in a community environment. The adult class emphasizes physical proficiency in basic karate techniques, Kata (pre-arranged form) and sparring. Martial arts principles are applied to strengthening the body and sharpening the mind, enhancing the senses of well-being and awareness. We promote non-contact karate practice. Our program is aimed at self development through self defense.



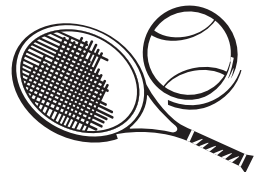
## ADULT TENNIS

September 18 - October 26, 2006

Days: Monday - Thursday

Time: 6:30 p.m. - 7:30 p.m.

Instructor: Joe Wesson, USPTA Certified Professional  
Please call instructor for session information at  
(619) 743-8051.



**Lighted tennis courts available,  
call the center for more information.**



# SENIOR PROGRAMS

These clubs are not sponsored by the Park and Recreation Department. If you are interested in joining one of these clubs, please stop by the Recreation Center during their posted meeting time for more information.

## SENIORS NORTH SHORES CATHOLIC WOMENS CLUB

Place: Craft Room II

Days: 1st & 3rd Monday of each month

Times: 11:00 a.m. - 2:00 p.m.



## SENIORS SUNNYSIDE CLUB

Place: Craft Room

Day: Thursday

Times: 11:00 a.m. - 2:00 p.m.



# YOUTH PROGRAMS

## TAP & JAZZ CLASS

Day: Wednesday  
 Fee: \$35.00/10 weeks  
 Times: Pre-Tap 4 - 5 yrs 3:45 p.m. - 4:30 p.m.  
 Beginning Tap 6 - 17 yrs 4:30 p.m. - 5:15 p.m.  
 Beginning Jazz 6 - 17 yrs 5:15 p.m. - 6:00 p.m.  
 Tap 2 6 - 17 yrs 6:00 p.m. - 6:45 p.m.  
 Jazz 2 6 - 17 yrs 6:45 p.m. - 7:30 p.m.



Registration will begin on Wednesday, September 20, 2006.  
 Session: September 27, 2006 - January 20, 2007.  
 Join in on this fun and exciting program. For more information, please call (619) 525-8258.

## YOUTH FLAG FOOTBALL LEAGUE

Fee: \$45.00/player  
 DRAFT: Saturday, September 23, 2006:  
 Ages: 8, 9 & 10 Time: 9:00 a.m.  
 11 & 12 10:30 a.m.

Age cut off date: December 10, 2006  
 Sign-Up Now through September 22, 2006!!!  
 Season: October 7 - December 9, 2006

- Games played at: Cadman Recreation Center (4280 Avati Drive)
- A birth certificate must be provided at time of registration. Participants will not be allowed to enroll without proper documentation.
  - Maximum of 52 participants per division.
  - Participants must attend draft to be guaranteed a place on a team.
  - VOLUNTEER COACHES NEEDED!!!

## TAI CHI CLASS

Days: Monday - Thursday  
 Time: 6:30 p.m. - 7:20 p.m.  
 Ages: 7 years old and up  
 Cost: \$100.00/10 sessions  
 Starts: September 18, 2006



Tai Chi combines meditation and deep breathing techniques with a series of continuous movement called "form". It originated as a martial art, but is now practiced mainly for its self-healing effects, which include reducing stress, promoting balance and flexibility, boosting the immune system and even easing pain.

## PEE WEE SPORTS CLASS

Starts: September 26, 2006  
 Day: Tuesday  
 Time: 3:30 p.m. - 4:30 p.m.  
 Ages: 4 - 7 years old  
 Cost: \$10.00/6 weeks  
 Learn the fundamentals of soccer, basketball and T-ball.

*For more information or volunteering opportunities, contact staff at (858) 581-9927.*

## SUPER STAR GYMNASTICS

Day: Wednesdays  
 Cost: \$80/7 weeks  
 Registration through September 15, 2006  
 Session: September 20 - October 31  
 For more information, visit [www.superstargymnastics.com](http://www.superstargymnastics.com) or call (619) 276-0663. Minimum of 5 students



## JUST THE TWO OF US

Ages: 13 - 36 months 2:30 pm - 3:10 pm  
 Exploration for you and your child on gymnastics equipment. Mommy, daddy or nanny welcome! You and your little one moves though the gymnastics circuit with the guidance of our staff. Group activities include songs, lummi sticks, bubbles and parachute play!

## GYM ROLLERS

Ages: Boys & Girls 3 - 5 years old 3:15-4:00  
 The class incorporates weekly lesson plans including: "Under the Sea," "Bridges," and "Practice your Routine."  
 Gymnastics is the foundation for all sports. We will meet your child's needs in our non competitive environment. Give your child the change to shine like a Superstar!

## GYM JUMPERS

Ages: Boys & Girls 6-11 years old 4:05 pm - 5:00 pm  
 Levels: Beginning & Intermediate 8:1 ratio  
 We will provide the attention your child needs to reach their own goal while still having a blast! Our gymnastics program will benefit your child physically and sociallogically. Some developmental benefits included are: coordination, flexibility, balance, strength and power. Also, gymnastics aids in injury prevention and builds self esteem. Students are divided into groups according to age and ability. This high energy class promotes learning and fun!

## SUPERSTAR SPIRITLINE/CHEER

Ages: Girls 7-12 years old 5:00 pm - 5:45 pm  
 Levels: Beginning & Intermediate  
 Give me a S-U-P-E-R-S-T-A-R what does that spell?  
 SUPERSTAR! This is a must take class! Your child will learn all the elements of a spiritline: cheer motions, jumps, chants, cheers, tumbling, and dance. A great way to instill a great attitude and spirit in your child. We will perform a routine on the last day of class that will knock your socks off! Catch the Superstar Spirit today!



## HIP HOP

Ages: Girls 7-12 years old 5:00 pm - 5:45 pm  
 Levels: Beginning & Intermediate  
 This hip hop class is hot! Your kids will get a great work out and learn the latest moves and grooves. This class consists of warm up, stretches, and a dance combination that we will learn throughout the session and perform on the last day!

# SPECIAL EVENTS

## Halloween Carnival and Costume Contest

Enjoy an evening of spooky carnival games, a variety of food and an inflatable jumper for the little goblins.

Don't forget to participate in our Costume Contest.

This program is sponsored by the Pacific Beach Town Council.



**Friday** ★ ★ ★  
**October 27, 2006**  
**4:00 p.m. - 7:00 p.m.**  
**4 tickets/\$1.00**



### Costume Contest

2 years & under	4:30 p.m.
3 - 5 years	5:00 p.m.
6 - 8 years	5:30 p.m.
9 - 12 years	6:00 p.m.
13 years & over	6:30 p.m.



## GENERAL INFORMATION

### REGISTRATION PROCEDURE

All fees must be paid at time of registration. If paying by check, please make check payable to City of San Diego Treasurer, if paying by cash, you must have exact change. THE RECREATION CENTER OFFICE DOES NOT HAVE CHANGE. Classes which are canceled due to instructor illness will be rescheduled. Partial refunds will be granted only upon request of the registrant before the second class meeting. CLASSES, TIMES, AND DATES ARE SUBJECT TO CHANGE WITHOUT NOTICE.

### MEETING ROOM RENTALS AVAILABLE

The Recreation Center has three multipurpose rooms for rent. Please contact recreation staff for more details.

### RECYCLING

Recycle your aluminum cans, plastic bottles, glass bottles and newspapers at the recreation center! All material collected supports youth programs at the recreation center in the community of Pacific Beach. Please spread the word & support your community recreation center.



### DONATIONS

By donating to our park system, you can help the Park and Recreation Department to enrich the lives of others through quality parks and programs. Your gift will help ensure that we meet the needs of the community, including people of all ages, abilities and income levels through recreation, natural open space parks, neighborhood parks, and aquatics programs. For more information on how you can become a donor to your favorite park, pool or recreation program, please call Gary Stromberg, Deputy Director CPII Division, (619) 221-8910.

### VOLUNTEERS ARE NEEDED!!!!

The recreation center is always looking for coaches, officials, program assistants and special events volunteers. For more information, please call the Pacific Beach Recreation Center Office at (858) 581-9927. Ongoing opportunities are available at recreation centers, pools and regional parks throughout the City, as well as with senior and therapeutic recreation programs. If you would like to volunteer, please see staff for more information or visit [www.sandiego.gov/park-and-recreation/general-info/volunteer.shtml](http://www.sandiego.gov/park-and-recreation/general-info/volunteer.shtml) or contact the Volunteer Office at (619) 685-1324.

## PHONE NUMBERS

### LOCAL SCHOOL PHONE NUMBERS

Bay View Terrace Elementary	(858) 273-5244
Bird Rock Elementary	(858) 488-0537
Crown Point Elementary	(858) 273-9830
Kate Sessions Elementary	(858) 273-3111
Mission Bay High School	(858) 273-1313
Pacific Beach Elementary	(858) 488-8316
Pacific Beach Middle School	(858) 273-9070



### OTHER PHONE NUMBERS

Belmont Park Information	(858) 273-9070
Community Parks I Division Headquarters	(619) 221-8901
Mission Bay Little League	(858) 274-6061
Pacific Beach Library	(858) 581-9934
Pacific Beach Town Council	(858) 483-6666
P.Y.S.L. Youth Soccer	(858) 488-1144
The Plunge	(858) 488-3110

### UPCOMING EVENTS

Youth Basketball and Breakfast with Santa